

TRANSFORM YOUR BODY AND MIND



60-DAY CHALLENGE

SHRED FAT. IMPROVE YOUR FITNESS.
TRANSFORM YOUR LIFE.

PHILLIP HARTSHORN



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Welcome

Welcome to my 60-day challenge, My60.

I have created My60 with four main purposes in mind:

1. **To transform your body and mind** by ensuring you have the best 60 days of exercise and healthy eating that you have ever had in your entire life.

2. **To ensure you take powerful action TODAY.**

By becoming a member of my website you now have access to everything you require to shred fat, improve your fitness and transform your life. However, knowing what to do and actually doing what you know are two completely different things. My60 takes care of this and ensures that you are taking meaningful positive action daily to move you towards your goals.

“Knowledge is power ONLY if it is acted upon.”

3. **To help you achieve incredible results FAST.**

Starting off with incredible results is one of the biggest keys to achieving your goals and maintaining motivation. My60 has been designed for this and will help you get off to the best possible start. You will be amazed at what you can achieve in 60 days.

4. **To help you create and ingrain the daily habits** that you require to achieve your health and fitness goals - while laying the foundation for your long-term success..

“We first make our habits, and then our habits make us.”





Why is it called My60?

Aside from the fact it is a 60-day challenge and you will complete 60 minutes of exercise every day, I have named this challenge **My60** because I want you to take complete ownership of this 60 days. Hence the name **My60**.

This has to be the best 60 days for **YOU**. Not me. Not your friends. Not your family. **YOU**. Therefore, you are in complete control of everything.

What exercise you complete. What food you eat. What you choose to do for your mental wellbeing.

You decide everything.

So, choose what will work best for you and what will help move you toward your goals.

How To Complete My60



To complete My60, **every day** for 60 days you MUST:

- **Exercise for 60 Minutes**

This can be any exercise. Walking, jogging, yoga, pilates, strength training, group classes, boxing, swimming or following an exercise program, the choice is yours. Just complete 60 minutes of exercise every day.

- **Follow a Healthy Eating Meal Plan and Stick to It**

No detoxes. No fad diets. Nothing extreme. Just follow a healthy eating meal plan that encourages eating as many natural foods as possible, while being designed to help move you toward your goals (e.g. fat loss).

- Follow one of my meal plans, someone else's, create your own or purchase pre-packaged calorie-controlled meals. The choice is yours. Just stick to it for 60 days.

- **Drink a Minimum of 3 Litres of Water Every Day**

- No alcohol. No soft drinks. 1-2 coffees/teas max per day.

- **Complete 10 Minutes of Exercise on Your Biggest Weakness**

Identify your biggest weakness and create a 10-minute routine so that you can spend 10 minutes per day improving this weakness. For example, you could work on your pelvic floor muscles, posture, flexibility or core.

- This 10 minutes can be included in your 60 minutes of exercise **or** as an additional 10 minutes.

- **Complete 10 Minutes on Your Mental Wellbeing**

Meditate, paint, journal, practice daily gratitude, complete a self-care routine each night that you have been wanting to incorporate (e.g. foot bath, moisturise, facial) or read a book (Tip: I recommend you read my books for 10 minutes every day). Whatever is going to be the best for you mentally, do it.

- Depending on your time available you can obviously do more than one per day.

- **Focus on Your Sleep**

Go to bed the same time every night and wake up the same time every morning. For example, ideally go to bed before 9:30pm and wake up at 6:00am to exercise.

- Aim for 8 hours of sleep every night. Create a routine and stick to it.

My60

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

"We first make our habits, and then our habits make us."



My60

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"We first make our habits, and then our habits make us."





The Best Possible Start

I have created **My60** to give you the best possible start when beginning any of my programs so that you hit the ground running and achieve incredible results, whilst also helping you create the daily habits that you require for long-term success.

In 60-days you will have completed:

- **3600** minutes of exercise (60 hours)
- **600** minutes on your biggest weakness (10 hours)
- **600** minutes on your mental wellbeing (10 hours)

You seriously cannot help but to improve.

So, use these 60 days to really lock in and focus on **YOU** and make these 60 days the best 2 months of your life.

Phil Hartshorn